



News from REGARDS

Spring/Summer 2007

REasons for Geographic And Racial Differences in Stroke

REGARDS Toll-Free Number

If you would like to contact our Operations Center, the toll-free number is... **888-REGARD8** (888-734-2738).

The Operations Center is open Monday – Friday between the hours of 8:00 am and 5:00 pm Central Standard Time.

If you reach our answering machine, please leave a message and someone will return your call.

We appreciate your involvement and will make every effort to answer any questions concerning your participation.

Email:
regards@uab.edu

Website:
www.soph.uab.edu/regards

Stroke Symptoms - Take them seriously!

In the United States we need to improve everyone's education about the signs and symptoms of stroke.

New data from REGARDS presented at the American Stroke Association's International Stroke Conference in February 2007 suggests that some people who have stroke symptoms don't see a doctor.

What REGARDS is Doing:

- REGARDS staff is contacting you by phone every six months.
- We ask about your health and if you have experienced stroke symptoms such as sudden numbness or weakness.

What REGARDS Has Learned:

- Stroke symptoms are a lot more common than we thought. About one in five people have reported stroke symptoms.
- Only about half of people who reported stroke symptoms have seen a doctor for these symptoms.
- Your participation will help us learn more about the relationship of symptoms to stroke.

What Can You Do?

- Talk to your doctor about your stroke risk factors and follow his or her advice.
- Pay attention to the warning signs and symptoms of stroke.

Call 911 immediately if you experience any of these symptoms or see anyone else having these symptoms:

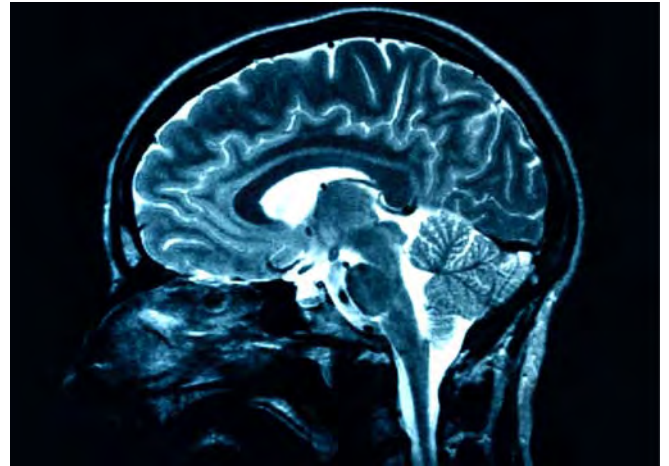
Stroke Symptoms Guide

- ✓ Sudden numbness or weakness of face, arm, or leg, especially on one side of the body
- ✓ Sudden confusion, trouble speaking or understanding speech
- ✓ Sudden trouble seeing in one or both eyes
- ✓ Sudden trouble walking, dizziness, loss of balance or coordination
- ✓ Sudden severe headache with no known cause

Why Do REGARDS Interviewers ask me if I can remember words ?

Changes in the brain can cause both stroke symptoms and changes in memory. As a REGARDS participant, you are helping doctors learn how your health history, medicines and lifestyle relate to stroke and brain health.

- On our regular phone calls, we ask you questions that check your memory and thinking skills.
- We do this because memory and the ability to organize our thoughts can be signs of brain health.
- If our thinking skills worsen with aging, it could mean that our brains have early signs of problems with the blood vessels or nerve cells.
- REGARDS scientists will assess these changes over time to see how they relate to overall health.



Help us keep in touch with you!

It is very important that we are able to contact you in the future. You will be contacted by phone every six months and asked about your health.

You are the best source of information about your health...

There may come a time when you are not able to provide this information because of major health changes. For this reason, we asked you at the beginning of the study to give us the names and contact information of people who could answer questions about your health if you could not.

- ✓ Remember to tell these people about REGARDS and that you are a participant.
- ✓ Please call the REGARDS Operations Center if you have new contact information for the people you told us about: 1-888-734-2738 (1-888-REGARD8).

Questions? Visit us @ <http://www.RegardsStudy.org>

Thank you for your enthusiasm and continued participation in REGARDS. REGARDS is successful because of you and your willingness to volunteer!
